

D-01

Ball, Crash, Back

(6 offense, 6 defense, 1 goalie, 1 ball)

Goal: Get the defense and goalie communicating and covering.

O: Work the ball around for a shot

D: Zone defense, force a pass and turnover.

Draw a line from the ball to the cage.
This defines Ball, Crash and Back.

BALL defends the man with the ball, keeping him out of the middle and forcing a pass.

CRASH takes the man with the ball if he beats his defender

BACK slides to the man CRASH leaves until a pass is made.

Reset after the pass.

O2 has the ball:

D2 is BALL

D3 is CRASH

D4 is BACK

O3 has the ball:

D3 is BALL

D4, or D5 is

CRASH

D6 is BACK

O5 has the ball:

D5 is BALL

D3 is CRASH

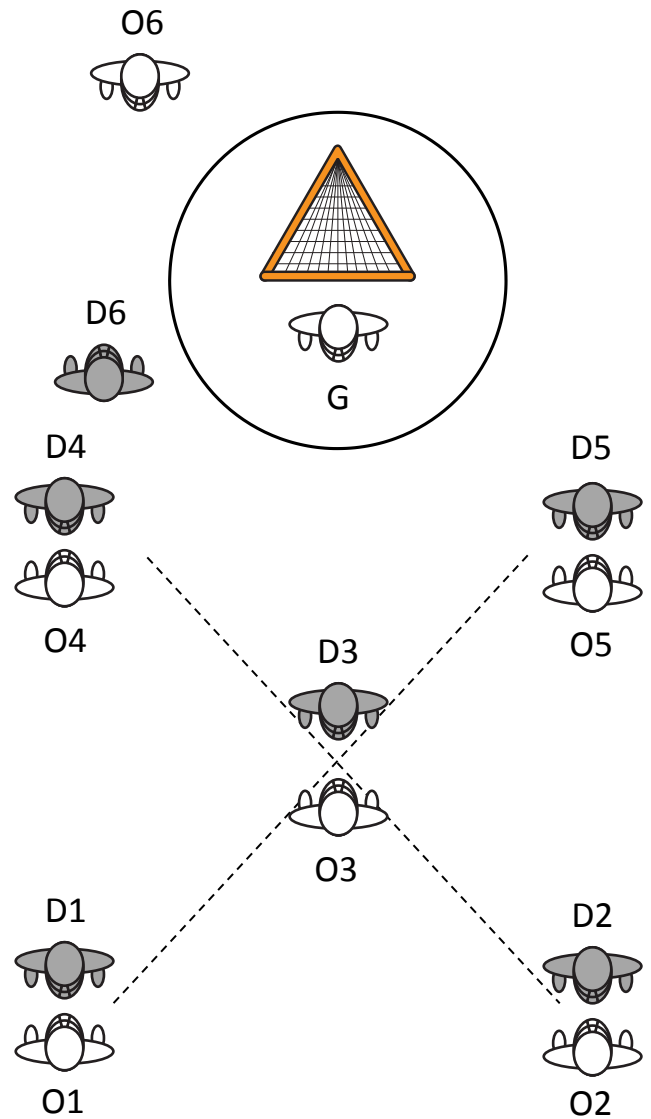
D1 is BACK

O6 has the ball:

D6 is BALL

D3 is CRASH

D2 is BACK



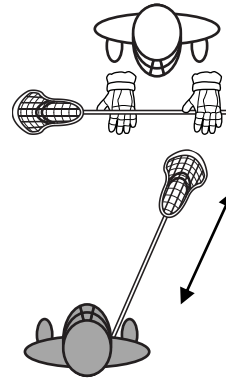
D-02

Stick Checking

(player pairs, 1 ball/pair)

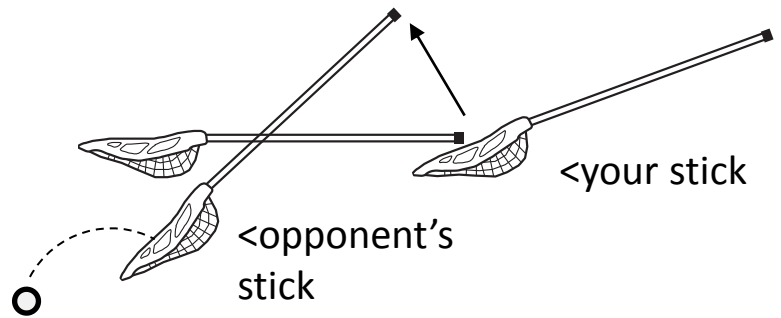
Goal: Know what check to use when

Poke Check: Take the head of your stick, poke at the bottom hand and waist of you opponent. This is used when you're facing your opponent.

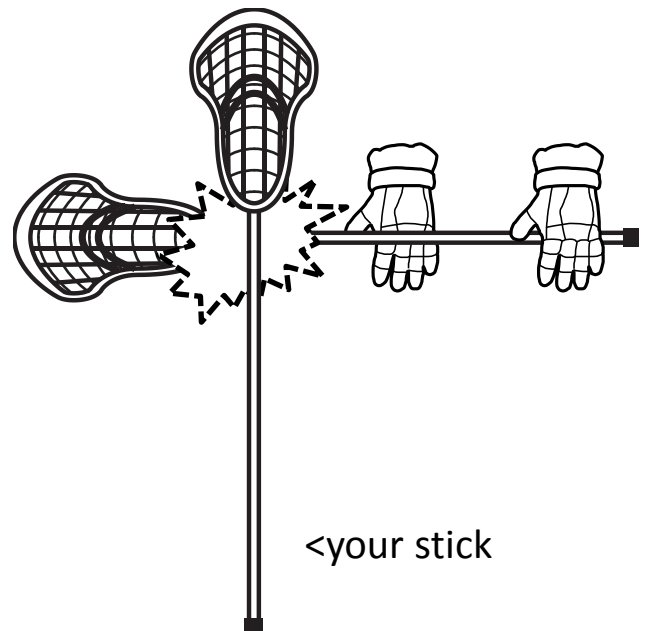


<poke, poke the bottom hand

Lift Check: Take the head of your stick, hook the bottom of the opponents stick and lift, tipping it so the butt goes up, the head goes down and the ball falls out. This is used when your opponent's back is to you or they're getting ready to shoot.



Stick Check: Take the head of your stick and bring it down on top of your opponents stick, preferably between his top hand and the stick head itself. This is used when you're facing your opponenet or he's trying to run by. **DON'T TOMAHAWK CHOP OR YOU WILL GET CALLED FOR A SLASH!!**



<your stick

In all of your stick checking, stay controlled.

D-03

Irish Channel

(9 cones, 1 ball/channel)

Goal: Get defenders used to using their feet 1st, hands 2nd, stick 3rd.

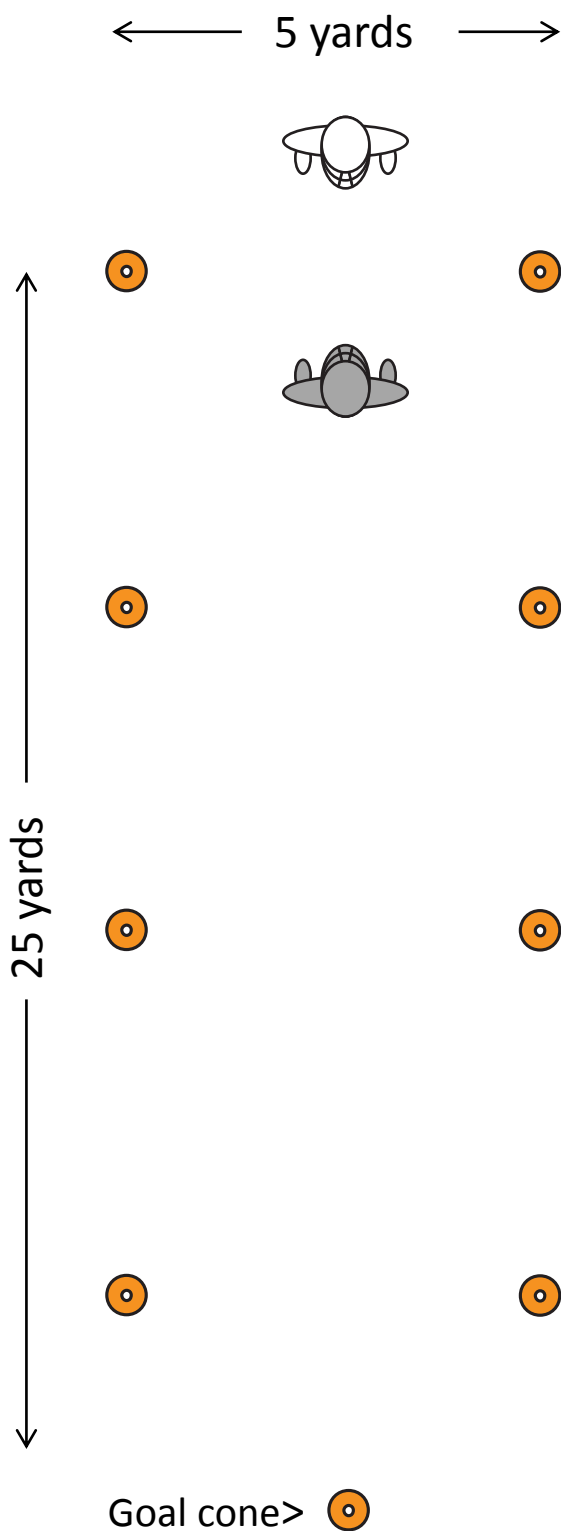
O: Has the ball, tries to dodge his way to the goal cone.

X: No stick, starts 5 ft. Away from O.

Uses feet to force O out of channel.

O enters channel where he was pushed out, X backs up 5 ft. and they continue. If O drops the ball, he's out and the next O is in. Rotate X every two O's.

Phase 2: X uses his stick, practices checking: poke check, lift check, stick check



D-04

Transition Triangle-D

(3 defense, 2 middies, 3 attack, 1 goalie, 1 ball)

Goal: Defense stopping the fast break. Offense running a quick shot.

On the whistle, offense moves to score. Back middle has to spring into the play.

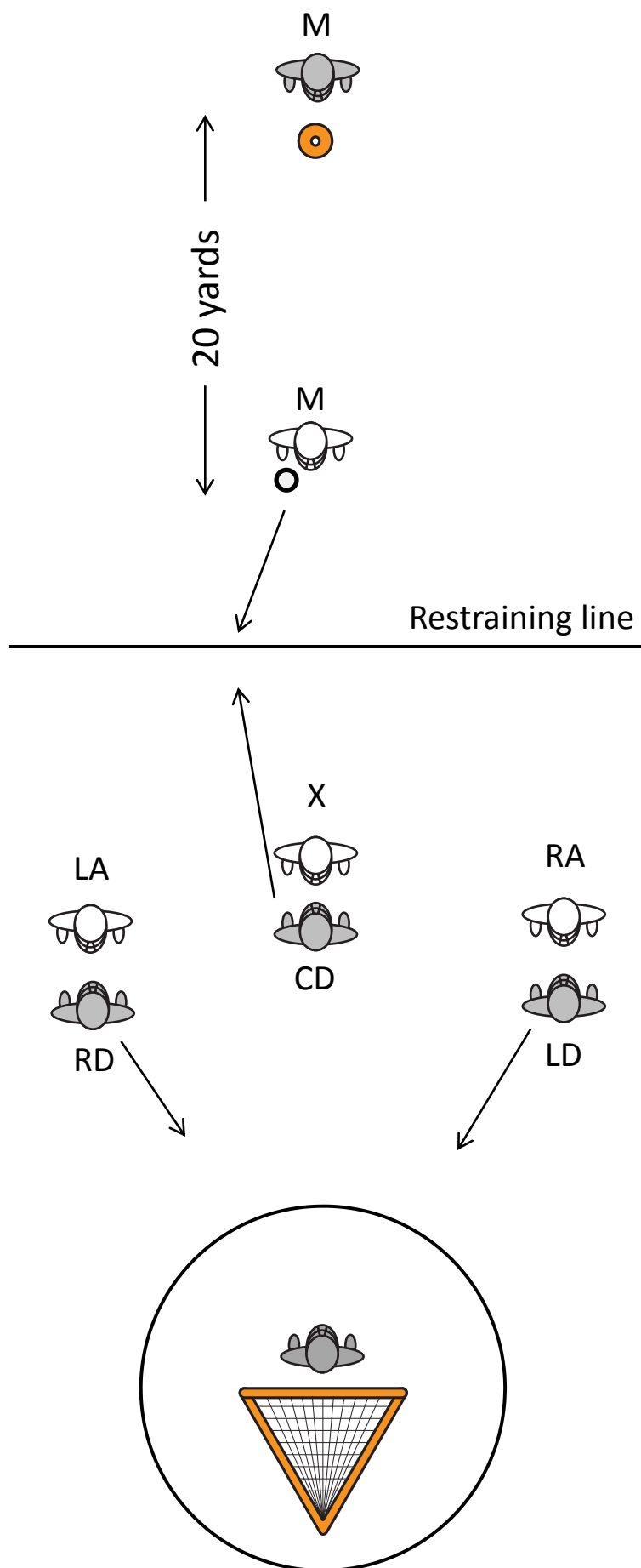
1. CD holds on X and then moves to stop ball at restraining line.

2. LD, RD pinch towards to top-sides of the crease waiting for pass.

On the pass, closest D move to stop BALL, other D slides to man closest to cage, CD recovers to middle and waits for next pass.

When defensive Middie arrives, get settled and play zone.

Drill ends on turnover or goal.



D-05

Man Down Box

(3 defense, 2 defensive middies, 6 offense, 1 goalie, 1 ball)

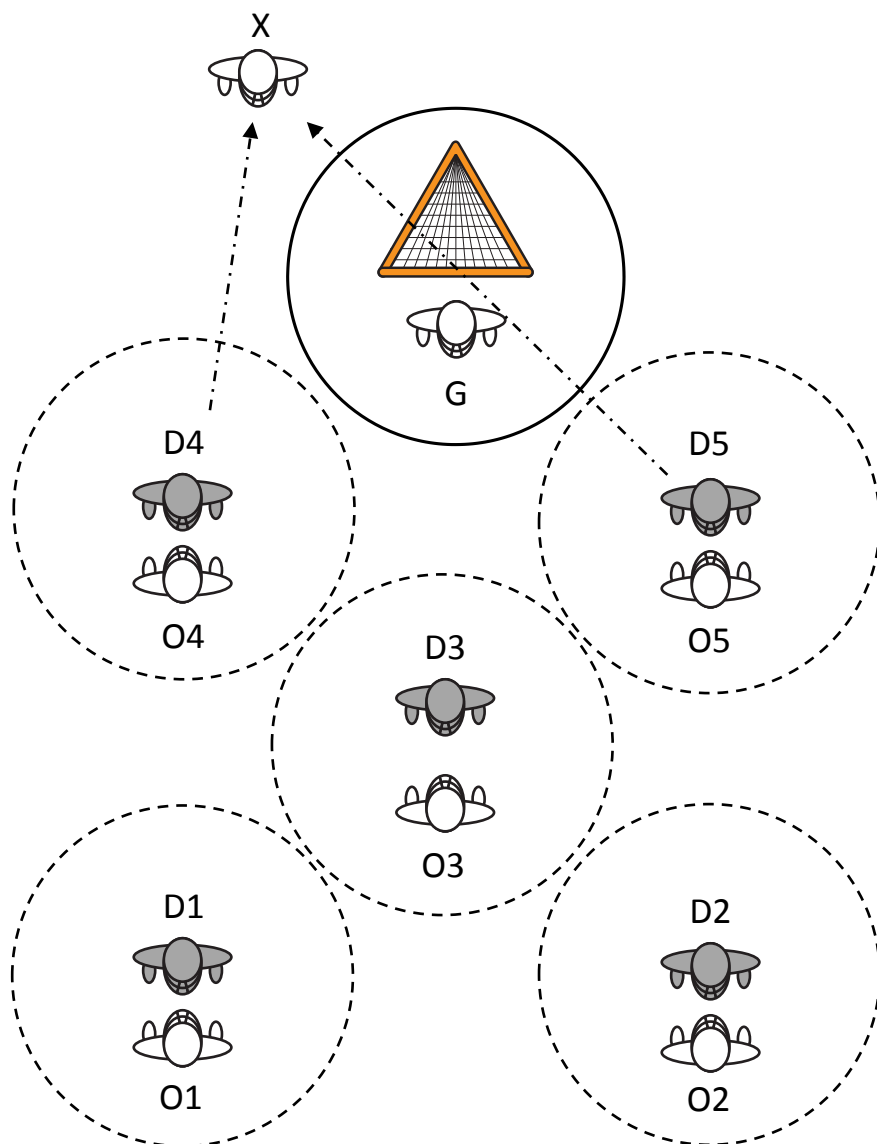
Goal: Box up the defense for Man-Down situations.

D3 focuses on the crease attack.

If ball is at X, D4 & D5: Head on a swivel, watch X and your man.

Keys:

1. Don't get drawn away, stay in your zone.
2. Sticks to the inside, up and in passing lanes.
3. Communicate, "BALL", "CRASH", "BACK".
4. If D3 has to move, D furthest from the ball covers the crease.
5. Force the pass and recover.
6. Head on a swivel: Look from ball > man > ball > man...



D-06

Juke Box Hero

(6 cones/station)

Goal: To get defenders focusing on their opponents waist

Defenders line up behind one cone, everyone else behind the other cone.

On whistle, the two enter the 'juke box'.

Offense has to make his juke move inside the box and then pick a direction. Defense has to read and follow.

Each has to touch the one cone and sprint all the way to the other one.

Winner gets there first.

Rotate Middies between the two lines.

